

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Labor Day Holiday</b> <b>1</b>	Rotini with Sweet Italian Sausage Tomato Sauce Green Beans Whole Wheat Bread. Fresh Seasonal Fruit Milk <b>2</b>	Baked Potato Tossed Salad Ranch Dressing Chili con Carne Shredded Cheddar Cheese Applesauce Milk <b>3</b>	Meatball Sub on Hot Dog Roll Shredded Mozzarella Cheese Fresh Tossed Salad Low Fat Ranch Dressing Diced Peaches Milk <b>4</b>	Pepper Steak Whole Grain Brown Rice Pilaf Brussels Sprouts Fresh Apple Wheat Bread Milk <b>5</b>
White Amish Bean Salad Chicken Caesar Salad - Romaine Lettuce With Diced Chicken Fresh Pears Whole Wheat Bread Milk <b>8</b>	Pizza Burger Mozzarella Cheese Copper Pennies Diced Pears Hamburger Bun Milk <b>9</b>	Split Pea Soup Fresh Tossed Salad Roast Turkey / Gravy Mashed Potatoes Green Beans Whole Wheat Roll Fruit Cocktail Milk <b>10</b>	Roast Beef on Kaiser Roll Potato Salad Cole Slaw Fruit Cocktail Red Onion Slice Lettuce & Tomato Garnish Milk <b>11</b>	Chicken Breast Mushroom Gravy Brown Rice Green Beans White Bread Fresh Apple Milk <b>12</b>
Hot Dog All Beef Fresh Watermelon Hot Dog Roll Southwest Bean Salad Fresh Cole Slaw Milk <b>15</b>	<b>Frederick            Senior Center            Picnic</b>  <b>16</b>	Tuna Salad Cold Plate Fresh Tossed Salad Potato Salad Fresh Grape Tomato Wheat Bread Fresh Seasonal Fruit Milk <b>17</b>	<b>18</b> Turkey Multi Bean Chili Corn Muffin 1ea Baby Whole Carrots Tropical Fruit Milk	Split Pea Soup Fresh Cucumber, Tomato, and Onion Salad Chicken Salad Sub American Cheese Pineapple Tidbits Milk <b>19</b>
Baked Chicken Mashed Potatoes Sweet Peas Fresh Seasonal Fruit Whole Wheat Bread Milk <b>22</b>	Stuffed Chicken Breast w/Gravy Mashed Potatoes Peas & Onions Dinner Roll Apple Pie Milk <b>23</b>	Turkey Burger Lettuce Garnish Fresh Grape Tomato Potato Salad Hamburger Roll Diced Pears Milk <b>24</b>	Chefs Salad w/Diced Ham Diced Hard Boiled Egg Shredded Cheese Grape Tomatoes Fresh Apple Slices Whole Wheat Bread Milk <b>25</b>	BBQ Beef Green Beans Scalloped Potatoes Sandwich Roll Tropical Fruit Milk <b>26</b>
Chicken Taco Salad Seasoned Ground Chicken Shredded Lettuce & Tomato Shredded Cheddar Cheese Refried Beans & Mexican Rice Pineapple Tidbits Milk <b>29</b>	Baked Chicken Breast in Tomato Parmesan Sauce Sweet & Sour Green Bean Salad Ziti Noodles in Garlic Sauce Whole Wheat Bread Fresh Seasonal Fruit Milk <b>30</b>	<div>  <h1>SEPTEMBER 2014</h1>  <p><b>Please call the senior center coordinator or meal manager 48 hours in advance to reserve a meal.</b></p> </div>		

~Menus subject to change~

~Juice is served with every meal~